

Our Health

African American Moms Can Improve Heart Health

(NAPS)—Give your mother a gift of health—encourage her to learn more about heart disease. Heart disease is the #1 killer of women. In fact, this disease kills one out of every three American women. And the risk is especially great for African American women.

Heart disease is more prevalent among black women than white women—as are some of the risk factors that increase the risk of developing it, such as high blood pressure, overweight and obesity, and diabetes. Yet, only 38 percent of African American women know that heart disease is their leading cause of death.

A nationwide campaign—*The Heart Truth*—is underway to raise awareness that heart disease is the #1 killer of women. African American moms can learn their personal risk by asking their doctors these important questions:

1. What is my risk for heart disease?
2. What are my blood pressure, cholesterol (total, LDL, HDL, and triglycerides), body mass index, and blood glucose numbers? What do they mean for me and what do I need to do about it?
3. What other screening tests for heart disease do I need? How often should I return for check-ups for my heart health?
4. What can you do to help me quit smoking?
5. How can I tell if I may be having a heart attack? If I'm having one, what should I do?

Heart Healthy Eating

Cutting the risk of heart disease also involves eating healthful dishes. *The Heart Truth* provides



The Red Dress Pin is the national symbol for women and heart disease awareness. It serves as a red alert for women—reminding them of *The Heart Truth* message: “Heart Disease Doesn’t Care What You Wear—It’s the #1 Killer of Women.”

healthy versions of recipes for favorites such as sweet, Southern-style barbecued chicken, classic but lower-fat macaroni and cheese, moist apple coffee cake, and many more. Moms can also make their favorite recipes heart healthy by making easy, tasty ingredient substitutions for eggs, butter, salt, and shortening.

The Heart Truth campaign is sponsored by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health, U.S. Department of Health and Human Services.

For recipes and more tips on ingredient substitutions, look for “When Delicious Meets Nutritious: Recipes for Heart Health” and other heart health information on www.hearttruth.gov or call the NHLBI Health Information Center at 301-592-8573 (TTY: 240-629-3255).

Healthy Ideas

Heart disease is the #1 killer of American women. And for African American women, the risk is especially great. A national campaign called *The Heart Truth* is underway to raise awareness among women about the dangers of heart disease. Sponsored by the National Heart, Lung, and Blood Institute (NHLBI), the campaign offers tips, information, and statistics about heart disease, as well as heart healthy versions of favorite recipes. For more information, visit www.hearttruth.gov or call the NHLBI Health Information Center at 301-592-8573 (TTY: 240-629-3255).